

****Grab N' Go Meals are
available as a second
option. Included: side salad,
fruit & Chips.**

October
12:00pm-1:00pm

CONGREGATE MEAL PROGRAM

HOT & COLD MEALS

***SUGGESTED DONATION \$3.00 PER MEAL**

Narragansett Community Center 53 Mumford Road

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1
				Bean & Escarole Soup
				Chicken Cacciatore W/ Peppers onions & Mushrooms
				Roasted Potato
				WW Roll & Tossed Salad
				Fruit
				Ham Salad on Rye
4	5	6	7	8
Minestrone Soup	Tomato Soup	Lentil Soup	Mix Fruit Cup	Red Clam Chowder
Fresh Fruit WW Roll & Green Beans	Spinach Salad	Beef W/Broccoli & Mushrooms	Ham Burger Stew (Picadillo)	Baked Fish Provencal
Lasagna Roll up W/Meat Sauce	Sausage and Pepper Sandwich	Roasted Potatoes, Carrots & WW Roll	Rice Pilaf W/ WW Roll	Sweet Potato & WW Roll
Jello	Cookies	Pudding	Lorna Doone Cookie	Melon
Turkey w/Bacon on WW Bread	Chicken Sandwich On Wheat Roll	Turkey on Rye Bread	Egg Salad on Wheat Bread	Chicken Salad on Wheat Roll

***Donations help to maintain the meal program. ***

Call (401)-782-0675 to sign up

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11	12	13	14	15
	Chicken Soup	Tomato & Cucumber Salad	Mushroom Barley Soup	Clam Chowder (White)
Closed Holiday	Chicken Francese	Steak & Potatoes W/Garlic Butter	BBQ Pulled Pork Sandwich	Baked Fish W/Lemon Butter
	Roasted Potatoes & Mixed Vegetable	Baby Carrots W/Green Beans	WW Roll	Rice Pilaf
	WW Roll	WW Roll	Cole Slaw	Broccoli Florets
	Fresh Fruit	Lorna Doone Cookie	Fresh Fruit	Fruit
	Turkey & Swiss on Rye	Ham Salad on Wheat Roll	Tuna Salad on Wheat Roll	BBQ Pulled Pork on Wheat Roll
18	19	20	21	22
Minestrone Soup	Tomato Soup	Lentil Soup	Mix Fruit Cup	Red Clam Chowder
Fresh Fruit WW Roll & Green Beans	Spinach Salad	Beef W/Broccoli & Mushrooms	Ham Burger Stew (Picadillo)	Baked Fish Provencal
Lasagna Roll up W/Meat Sauce	Sausage and Pepper Sandwich	Roasted Potatoes, Carrots & WW Roll	Rice Pilaf W/ WW Roll	Sweet Potato & WW Roll
Jell-O	Cookies	Pudding	Lorna Doone Cookie	Melon
Turkey w/Bacon on WW Bread	Chicken Sandwich On Wheat Roll	Turkey on Rye Bread	Egg Salad on Wheat Bread	Chicken Salad on Wheat Roll

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25	26	27	28	29
Minestrone Soup	Chicken Stew	Beef Barley Soup	Vegetable Soup	Greek Cucumber Salad
Pub Burger W/Cheese on WW	Tossed Salad	Sloppy Joe on Roll	Chicken Pot Pie	Baked Rigatoni
Roll/ Mixed Vegetable	Fresh Fruit	Roasted Potato	Vegetables	Roasted Green Beans
Seasonal Melon	WW Roll	Cucumber & Pea Salad	Mashed Potato & WW Roll	WW Roll
Turkey & Swiss on Whole Wheat	Brownie	Cookie	Jell-O	Fresh Fruit
	Salami & Cheese on Whole Wheat	Seafood Salad on Wheat Bread	Egg Salad on Rye	Tuna Salad on WW Bread